Table 1. Selection of regions, primary schools and towns included in the 5-year longitudinal study.

Table 2. Longitudinal descriptive anthropometrical data of 53 boys and 54 girls at different age.

Table 3. Pearson correlation between vastus lateralis contraction time and running speed.

Table 4. Pearson correlation between biceps femoris contraction time and running speed.

Table 5. Significant correlations between body mass, height, ROHR index, and contraction time of biceps femoris (BF) and vastus lateralis (VL) muscles.

Figure 1. Flowchart of recruitment and data collection procedure

Figure 2: Longitudinal descriptive analysis for vastus lateralis and biceps femoris contraction time (Tc) and maximal running speed.

*\* p<0.05 between sexes*

Figure 3: Pearson correlation for biceps femoris contraction time (Tc) and maximal running speed at age 12.9 (left) and 13.6 (right) years.